

# COUNSELLING

# YOUTH

LOVE  
SEX  
MARRIAGE



DR. MARIE M. MASCARENHAS



Publications







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## COUNSELLING YOUTH

For Thelma &  
Ravi ~ May  
joy from within fill  
your days together  
A. H. Mascarenhas







# COUNSELLING YOUTH

**Love, Sex and Marriage**

A Hand book  
to guide Teachers, Parents and Youth

*By*

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*This Book  
is dedicated  
to  
my husband and children  
with  
love and gratitude*







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## CHAPTER I

### FAMILY LIFE EDUCATION

Radical changes are seen in the pattern of Family Life in India today. Factors responsible for this are:

- (i) The ever increasing industrialisation and consequent urbanisation, with uprooting of families from an established and secure traditional background to comparative urban insecurity;
- (ii) Greater and more liberal educational facilities, and, therefore, exposure often without guidance to new and often conflicting ideologies;
- (iii) The established fact of the working wife and mother with consequent lessened supervision of the young;
- (iv) Mass communication media bringing opinions and views from the most permissive societies of the world to our youth;
- (v) Confusion in the minds of both literate and illiterate that "Westernisation is Modernisation"; and
- (vi) The increasing materialism of both adult and youth. *Materialism* is, in my view, a major cause of all conflict today. We can attribute to it much of the hypocrisy and double standards that youth accuse elders of. We can also attribute to it the false thinking that has coloured our policies with regard to politics, education, family life and even professional work.



How can family life remain the strength and pride of our country with such forces trying to disintegrate it? And how do our young fare in this picture?

## Family and Youth

Due to several factors, including the financial factor, Indian youth is dependent on his family for a greater length of his life than Western youth; the family, therefore, has a significant say on what he does, his studies his recreation, his job, his marriage more often than not; in other words, on a greater part of his whole young life.

“In the area of mental maturity studies show that vertical growth and maturity is attained in the twenties when youth is still with his family. Horizontal growth or the increase in knowledge, experience and judgement can continue throughout life.”

“Also scholastic achievement depends greatly on three factors namely, the attitude of the group towards academic achievements, the motivation to succeed, provided by significant adults in the environment, and on the individual’s own level of aspiration”. *Family influence* is, therefore, great.

However, parental influence on student activities is striking. “In a study of student activists and unrest conducted in an urban centre in Madhya Pradesh and in the report that followed among many revealing relationships, was that in 65.37 per cent of the cases, parents were reported to evince hardly any interest in the educational progress of their wards.”



## Student Activists

“The pattern of home discipline was reported to be strict in 78.68 per cent of the cases. Strangely, 37.70 per cent of the respondents reported favourable family reaction to their activist role whereas 34.42 per cent stated that their parents were indifferent to their doings on the campus. Only 27.88 per cent of the respondents pointed to disapproving family reaction. If parental indifference is construed to mean silent assent then it would not be wrong to say that student activists come predominantly from families where parents adopt a kind of permissive or tolerant attitude towards their activist role.”

With the education explosion, the University finds it impossible to provide personalised attention and service. Parents and educators must, therefore, work together if their guidance and teaching is to have a telling effect on the student. Teachers have often to help parents to adjust their expectations to the real potential of their children in a particular context.

This is particularly true today as parents often think of prestigious professions without assessing their child's inclination or abilities. *Many of our youngsters lack the motivation and the innate urge to forge ahead. It is here that the family should give the proper impulse.*

We should also ask ourselves why there is a drift towards atheism. Youth may perhaps feel that *religion* as it is largely practised today is an obstruction to change and growth. Perhaps much of that dross that makes religion irrelevant has to be removed to make it meaningful to our youngsters.

*Sexuality* is another field that assumes major importance in the sex-conscious world today, and this has been



largely ignored by educators and family alike. Adolescence is "a tide which begins to rise in the veins of youth at the age of eleven or twelve". If that tide can be taken at the flood, and a new voyage begun in the strength and flow of its current, we think that it will move on to fortune.

But these aspects of life are largely neglected both in the home and in the college especially in urban situations. *Family Life Education which includes sex education can fill up this gap.* As a typical Indian student reports: "Sex has never been discussed in my house. There are very few references to it. Therefore, my opinion has been formed through books, films and discussions on sex with friends".

Certainly, the home is the best laboratory to learn the true concepts, of marriage, partnership and family life.

Eve teasing, a common item reported in newspapers has been attributed to isolation of the sexes in social and cultural life, resulting in lack of communication and understanding between the sexes and also to the false concepts of socio-sexual contact. **It is possible that Eve teasing as a phenomenon peculiar to India, is due to lack of healthy association between boys and girls during adolescence.**

And this healthy association between the sexes is needed in all fields, academic or intellectual, social, religious and service fields. Parents must release a little more responsibility to their children, and the children in their turn should not belie this trust. Therefore, opportunities should be given to boys and girls to know each other, and treat each other in a friendly way without intimacy.



## Mass Media Wasted

Where audio-visual media like the film have such great appeal for youth, it is sad that their educational value in the field of social and moral health education have not been effectively harnessed.

Moreover, in a country where it is estimated that well over 100 million people visit a cinema every week, it is unfortunate that films are more often without purpose, ostentatiously deceptive and often self-defeating. Besides they seriously undermine aesthetic standards and human values. This is a field where educationists using cine forums can do much good in propagating healthy family living.

## The Family

The Family is still one of the most powerful and cohesive units of Indian society; a strengthening of family life is useful to society as a whole. Certain problems of youth can only be solved by parents, who have the skill; these skills stem from knowledge and experience.

“A family or any community of people living together should have an environment which is a centre of healing, a place where one can live on a basis of being real; where one can admit one's frustrations, stupidities and anger to people who do not have to retaliate. To be oneself without pretence”. This is the home.

The joy we experience today has its birth yesterday. The tragedies we suffer today were apparent in the warning signs of yesterday. Therefore for all their Tomorrows, we have to prepare our youth, Today.



## CHAPTER II

# CONFLICTS AND VALUES

I would generally classify such tensions and conflicts to belong to three categories:

1. Personal Conflicts
2. Built-in Conflicts
3. External Conflicts.

### The Personal Conflicts

In the area of personal conflict within the home, these conflicts are to be seen from various dimensions.

Inter-personal relationships: It has been said that an adolescent is a stranger in paradox. He is considered an adult for almost any odd job, but when it comes to making vital decisions he is considered only a kid. And parents always want the last say vehemently. Talking to several youth we find they want freedom from the domination of parents, whether in the choice of friends or a friend of the opposite sex to a marriage partner. Parents it appears hardly regard them as grown up.

*As Parents, our need is to be needed; as teenagers, their need is not to need us.* This conflict is real—we experience this daily as we help those we love to become independent of us. At most it must be realized that every child from earliest infancy is faced by an inevitable conflict. This is the conflict between what he wants to do and



what he is able or allowed to do, or it may be between what he wants to have and what he is permitted to have. On the one hand are his *instinctual* drives, on the other limitations set by his own capability and the adult demands or prohibitions, to which he must conform. This conflict is basic to the whole of his life.

The parents decision may not be the only desirable or appropriate decision from the children's point of view and therefore there may be a clash between expectations on the one hand and successful role—performance and achievement on the other.

Another important factor in inter-personal relationships today is the failure of parents to understand and guide youth in vital issues in the context of changing times. Take facts like religion, courtships, mate selection, emotional entanglements; the older generation have set ideas on certain matters. Even in a thing like choosing a career. Very often unfulfilled ambitions of parents are projected by them on to their children and are not always acceptable.

There is a great need for dialogue and communication between parents and youth.

With every generation comes a new youth and with every youth comes a new problem. *And so with every generation that comes there will be a new gap to fill.* But at this stage of life youth desperately needs the gap to be bridged. Youth is in need of love, understanding, praise and forgiveness. They must get these. It is time for elders to learn to substitute dogma by evidence and give up judging the young without dialoguing beforehand.



## Values are Important

As I see Indian Youth and their tensions and conflicts, youth are facing a society in transition and today this calls for immense amount of guidance and example. When you try to understand them closely their differences and challenges are only a search for truth and proper values to make life meaningful, hopeful and significant.

*Conflicts are necessary for growth.* But they should be resolved. If not, they result in frustration. Serious frustrations cause mental depression, lack of confidence and are a major cause of mental apathy and illness. Therefore, put a high priority on values.

V for Valour. Have the courage to stand upto your convictions.

A for Adjustment to family, friends and situations.

L for love, the greatest gift to give, and receive.

U for Unity of thought, word and action.

E for Exploiting your God-given talents.



## CHAPTER III

### DEVELOPMENT NEEDS

“Development” means a progressive series of changes in an orderly, coherent pattern. Development is a complex process of integrating many structures and functions.

Changes occur in almost every aspect within and from without the growing child. There is an increased range of objects and experiences to which the growing child responds: to his increased strength, speed and motor skill; to his growing intellectual and problem-solving capacity; to his greater ease in using language and communicating with others, to his enriched social life with its web of inter-relations and his changed interests and values.

From the dependency of infancy the child moves to the maturity and responsibility of adult life. It would be useful and interesting for parents and teachers to know that:

“If a child lives with criticism, he learns to condemn.  
If he lives with hostility, he learns to fight.  
If he lives with fear, he learns to be apprehensive.  
If he lives with pity, he learns to feel sorry for himself.  
If he lives with jealousy, he learns to feel guilty.



If he lives with encouragement, he learns to be confident.  
If he lives with tolerance, he learns to be patient.  
If he lives with acceptance, he learns to love.  
If he lives with approval, he learns to like himself.  
If he lives with fairness, he learns to value justice.  
If he lives with honesty, he learns to value truth.  
If he lives with security, he learns to have faith in himself and others.  
If he lives with friendliness, he learns that the world is a good place in which to live."

This spells out not just developmental needs but *duties of parents and teachers* toward those entrusted to their care.

*Development Needs* can be studied under two heads:

I. *Biological Needs:*

1. Visceral
2. Safety
3. Sex
4. Sensory motor.

II. *Psychological Needs:*

1. Order and meaning
2. Adequacy and competence
3. Security
4. Social approval (belongingness, status)
5. Self-esteem (worth)
6. Love and relatedness, satisfying interrelationships
7. Self-enhancement and growth.



This is an outline of the needs that determine our behaviour and parents and teachers would do well to take cognizance of these needs which are so important for the happiness and well-being of the growing human person whose guardian they are.

### **A Youth Needs**

1. To be loved and wanted.
2. To have study/work to do and to be able to do it reasonably well.
3. To live amicably in a community.
4. To find out his role in life.
5. To develop satisfying relationships.



## CHAPTER IV

# THE EMOTIONAL PROBLEMS OF CHILDREN

The Child has many needs. To start with, there are biological needs and psychological needs. Apart from these, a man in his life meets certain situations or incidents, where he happens to suffer pain or stress. During the moments of stress, his mind unconsciously helps him to escape from the stress or the painful conditions by certain defensive mechanisms, such as:

### 1. Escapism

Where an individual tries to escape from the painful situation or stress or from an unwilling act, by forgetting to do the particular work which he unconsciously dislikes to do. For example, forgetting an appointment with a dentist.

### 2. Fantasy

Here an individual tries to see things or do things in his imagination, which he is not able to do in his real life, or which he is not competent enough to do. For example, imagining himself as the best cricket player, or as a film actor.

### 3. Projection

Where an individual tries to project his feelings of like and dislike by judging other's behaviour. Here



an individual tries to project his feelings into other's behaviour. For example, a person may comment on another person, thus: "He is a jealous and selfish man", in which case, the person is projecting his own feelings of jealousy and selfishness on others.

#### **4. Rationalization**

This is a defence mechanism in persons to justify their behaviour by giving socially acceptable reasons for it, with the effect of concealing motives and impulses that they have learnt to regard as inferior or shameful. The boy who comes late to school finds many excuses.

#### **5. Identification**

This is closely related to Fantasy. This is the way of gaining satisfaction through the accomplishments of other persons or other social groups. When some impulse in ourselves is frustrated, we often gain a measure of satisfaction by identifying ourselves in imagination, with someone who has the qualities we desire. This is universal among children. A child identifies himself with his parents. Adolescents identify themselves with cricket players, by showing unconcealed hero worship.

#### **6. Repression**

This is a wholly undesirable way of evading mental conflict. It is different from suppression or self-control with which it is often confused. In repression we refuse to recognise an unwholesome



tendency. It has harmful effects. Sometimes, repression of certain memories, results in sudden burst of emotions which damages an individual's personality.

## 7. Suppression

We suppress an impulse when we decide, consciously and deliberately to deny its expression. We control our impatience with certain peoples' behaviour, or answering a child's questions. Suppression involves well directed self-control.

## 8. Compensation

This is very common. It consists of an excessive display of a characteristic so as to balance or conceal the deficiency. For example: Children achieve this by aggressive play and noisy behaviour, by teasing, fighting and quarrelling among themselves.

The other types of defensive mechanisms are displacement, intellectualization and sublimation.

There is always an obstacle between a man and his goal. When he fails in his effort to fulfil his needs or achieve his goal, the result is frustration. This frustration results in *anger*. The mental conflicts that are produced in the fight to reach the goal produces *fear*, and the pressure of all these, results in *anxiety*. The total reaction would be STRESS. To escape from this stressful condition our mind finds out certain ways to depart from these conditions. These are known as defensive mechanisms, which are quite common in normal individuals, in fact, they also become essential to individuals to a certain extent.

(Fr Hilario Fernandes)



## CHAPTER V

# COUNSELLING THE ADOLESCENT

**The important thing is to remember that Human Beliefs such as the following should be heartily endorsed by School and College personnel**

\* The individual is deemed to be of utmost importance. He is to be relied on for making moral judgements and assuming moral responsibility.

\* Formalized codes and advice of parents, teachers, or clergymen are regarded as steps in the process of self-actualization. Moral behaviour should be internalized rather than dependent on external authority.

\* Institutions are designed as the servants of man; they are significant not as ends in themselves but as means for the individual to reach desired ends.

*“Common consent and voluntary cooperation are superior to the doctrine of survival of the fittest or rule by violence.*

\* Intellectual honesty is necessary to the functioning of democratic societies. Colleges should provide an area where young people search for truth, exchange opinions, and apply reason in resolving disputes.

\* Individual potentialities should be developed to foster excellence in intellect, character, and creativity.

- \* All persons should be judged by the same basic moral standards. Nobody has the right to harm, persecute, dominate, or exploit others.
- \* The concept of brotherhood is above that of selfish interest. The unfortunate, the helpless, the handicapped are a moral responsibility of those in more favourable circumstances.
- \* Each individual has the right to pursue happiness as long as he does not interfere with the rights of others to do the same.
- \* **Each Person should be exposed to Emotional and Spiritual Experiences that emphasize Beauty, Creativity, and Service to Mankind.**



## CHAPTER VI

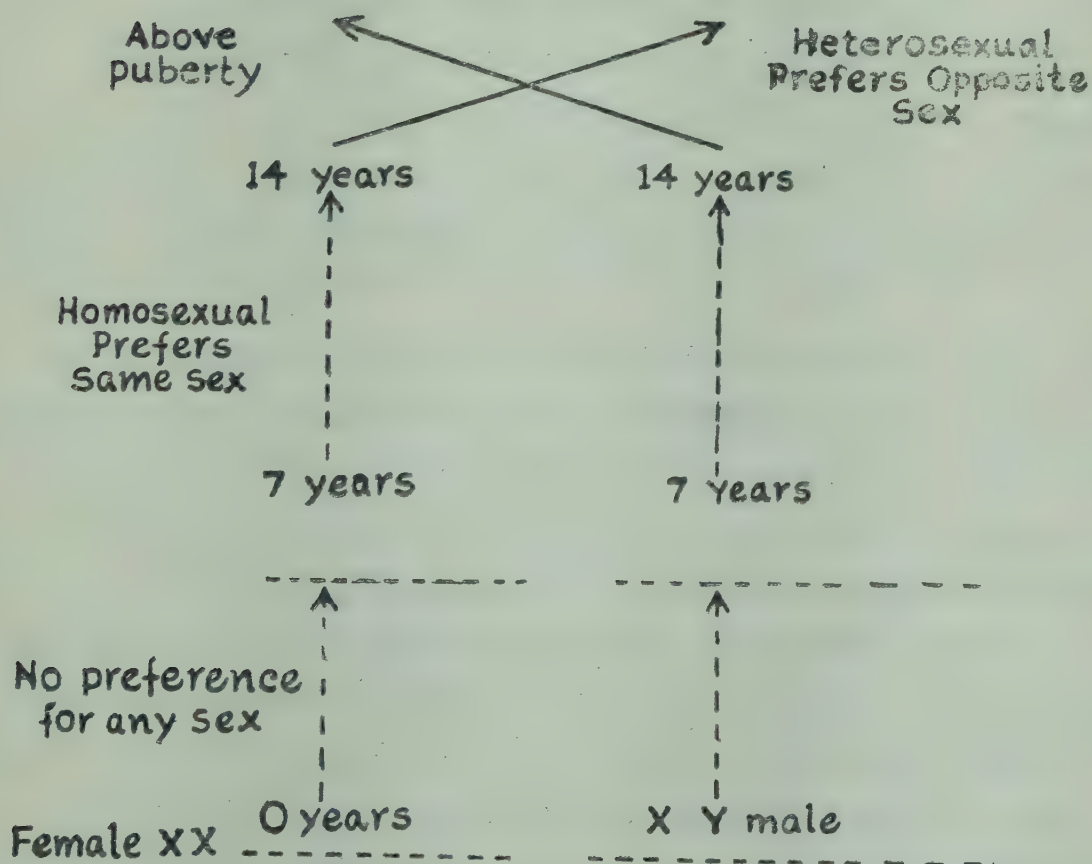
### EVOLUTION OF SEXUAL IDENTITY

Human sexuality is a privileged mode of the intimate interpersonal relationship between a man and a woman.

Human sexuality is expressed in all 5 aspects of the human personality i.e., in the physical, mental or intellectual, emotional or psychological, social and spiritual. The feminine and masculine compliment each other.

TABLE—I

#### The Evolution of Sexual Identity



## Determinants of Sexual Identity

The 2 determining factors are:

1. Culture
2. Biology

Culture plays a significant role through the family, society and the education imparted to the depth and extent of the development of femininity and masculinity.

Biology also plays a significant role in determining the femininity or masculinity of an individual. The “*Brain*” is the most important *sexual organ* and it directs through the thalamopituitary axis the *secretions* of the body and the sex hormones and functioning of the glands and the reproductive organs.

*Hereditary* and *environmental* factors play an equally important role in creating the human personality. Since heredity cannot be controlled once the child is conceived, every opportunity to influence the environment, making it conducive to harmonious growth and development should be seized and utilized. A good or balanced diet, adequate rest and exercise can develop the physique. However *emotional maturity* needs to be consciously and deliberately developed and matured for a wholesome personality.

*Culture*: The roles of men and women are becoming less clearly defined. Traditional submissiveness, inferiority and passiveness are no longer seen as laudable virtues by a woman. Hence it is all the more necessary, and especially, with the influence of “Women’s lib and unisex trends” to present *femininity* as a very desirable virtue. Charm, empathy and tenderness are not “weak” qualities. Rather it is seen in a woman who is fulfilled and matured and who while holding herself equal to men is different, and complements his masculinity in a very necessary way.



The role of father and mother and the strength of the parent-child relationship play a very important part in determining how the child will identify with his/her parent. The mother and daughter, and father and son relationships will be the key to the adult sexuality assumed by the child. In the past the relationship between parents and children was one characterised by authority and obedience, especially the father-child relationship.

The present trend is one of “*sharing and acceptance*” relationship and the key to a stable interpersonal relationship needs just these qualities.

Contemporary scientific research has established that a human being is so profoundly affected by sexuality that it must be considered one of the most important factors which give to each individual's life the traits that distinguish it. It is from sex that the individual person receives the characteristics that make the person a man or woman thereby largely conditioning his or her role and progress in society. *We are sexual beings from childhood through old age.*

However, fertility, the capacity to create another human being, emerges as a dynamic force during adolescence when a radical restructuring of the internal environment occurs.

As a preface to this discussion of sexuality and adolescence, I shall discuss some of the psycho-social factors associated directly with the transition from child to adult in our society.

*Adolescence represents a critical time for both the young person and the family.* It marks the period of transition from childhood to adulthood; from the relatively carefree time of life towards maturity with its responsibilities and duties. The responsibilities and privileges of adulthood are in part determined by the

immediate past. Each generation of adolescents reaches adulthood by recombining elements or characteristics that are provided by adults.

The major development in the life of an adolescent is the physiological change that takes place. Gonadal development and the infusion of gonadal hormones into the body stimulate new drives, moods, and fantasies.

*The newly acquired genital capability is also accompanied by a new source of creativity and productivity.* The Psychological problem for the adolescent is the integration of these new realities into a developing concept of *self*. The social requirement is for the reordering of the interpersonal world and the youngster's own expression of love. *The adolescent* must learn to integrate sex with *love and affection*. During childhood, the incest taboo had required a separation of sexual and loving feelings, for the significant loves of the child were family members. Parents were accustomed to the close, affectionate relationship with children which was uncomplicated with sexual conflicts.

The adolescent task presses the young person to divest himself from such total involvement of loving feelings with the family and *reinvest these feelings in the peer group* where he experiments in forming relationships and attachments. This is the beginning of identity formation—the evolving of the new self.

### **Religion Reinforces Character**

Religious ceremony and teachings reinforce the search for identity. Therefore, group experience, religion, and ideology are important factors in adolescent identity formation. These same factors (peer groups, religion and ideology) also serve as defence mechanism as the adoles-



cent ego strives to control and sublimate the instinctive energies that come with heightened development.

The *feminine personality is dictated more by "feelings" and "intuition,"* than by the *rational and logical* reasoning of the *masculine* personality. This emotional and abstract features of womanliness is part of her charm as is the aggressive, leadership qualities of a man. However, the later qualities must be "tempered" in a man married to a woman who is intelligent, educated and able to hold her own whether it is his wife or his daughter.

By tempering does not mean "lessening" but "refining" or altering to that extent which is acceptable and attractive to a woman. *Sexuality is not genitality. Sexuality and genitality should not be confused.* One can be sexually active and genitally inactive or visa versa. All men and all women are called upon to develop their full personality—masculine or feminine, and be fully alive and personable. *Sexuality is an expression that only the human being is capable of. It is a manifestation of one's innermost feelings, while genitality is the functioning of genital organs and is common to the animal* who uses it merely for procreation of the species, and not to express sharing and love as does man and wife. *Animals mate by instinct caused only by biological changes or "oestrus" in the female.* Even the highest animal has no emotional or spiritual aspect. Animals are moved by instinct. Man is moved by much more than instinct. His social aspect moves him to form satisfying interpersonal relations and his spiritual aspect gives him the reason for living, a goal in life, and he is answerable to a higher being—God. This gives to his life purpose and adds strength to his character.

Man and woman come together because of love which they feel for each other. This feeling is translated into

action by the brain and their bodies become instruments of expression of their love.

If man and woman have no true or deep feelings for each other their intercourse is not sexual, but genital like animals. We term this *Lust*.

Man uses his sexuality to express love and can also use it to procreate. A person who uses his genitality alone is satisfying his animal desires by lust.

“Love” excludes lust and does not always or necessarily require a genital manifestation.

*Conflict:* Society creates a conflict for youth in the area of sex. Double standards for men, for their elders, the glorification of pure and extra marital sex on the screen and in novels leaves youth confused.

TABLE II CONFLICT

High Balanced	<table><tr><td>x</td><td></td></tr><tr><td></td><td>x</td></tr></table>	x			x	Self Society
x						
	x					

If self places a high value on sex and society places it at a low level and the conflict is unresolved by outside help from an elder, this may lead to frustration and or experimentation.

Both these unfortunate results are witnessed increasingly in Indian youth in whom sexually transmitted diseases, abortion and mental and emotional illness is increasing very rapidly and needs preventive steps.



## Sexual Morality

This is portrayed as an unnecessary curb, old fashioned and square.

The answer to this is two levels. 1) At the level of parents who need to be educated into giving their child a good and wholesome knowledge, and not to confuse ignorance and innocence.

2) On an individual personality level by adequate wholesome education in sex and family life.

The changing pattern of family life from the joint to the nuclear type makes this education even more imperative. As one young Indian girl puts it "*The refusal to provide sex education will not prevent sex, but it certainly will prevent responsible sex.*"

## Premarital Sex

It is much more satisfying and emotionally healthy to consider sexual intercourse *within marriage*. For a woman it is integrated with being a wife and mother. To be a virgin with a purity of heart and body can never be old fashioned. On the contrary it implies a development of all the facets of the human personality—which are physical, emotional, mental or intellectual, social and spiritual.

*Premarital sex is not necessary or healthy.* Indeed such serious repercussions have been studied in couples who practised it and ultimately married as well as in those who did not marry, that even modern psychologists do not advocate it.

In a recent *London University survey* the boys answered that they did not feel premarital sex was necessary or helpful, but they were afraid the girls would think them less virile if they did not persuade a girl to have intercourse; and girls answering said they only agreed because they did not want to be thought square or old fashioned! What a gap in communications!

This fear of not conforming or being left out is at the basis of adolescent growth, and permissiveness and promiscuity are not the "cures". Unfortunately adolescents do not often realise it in time and still more unfortunate are their elders who fail to provide satisfactory or wholesome models.

### **Sexual Maturity**

Sexual maturity implies emotional maturity and a marriage needs both to succeed.

Where one or both partners lack these they are bound to feel the stress and strain of adjustment. If this adjustment or adaptation is not forthcoming a breakdown in relationship is inevitable. To adjust the couple may need counselling facilities.

From cases recorded at the Bombay City Civil Courts of 15 divorced women and 15 divorced men (not the husbands of the women), it was found that the age groups involved were 21-25 in women, and 26-30 in men, and that divorce was most often contemplated in the first year of marriage and sought in the second year. Invariably in all the couples acquaintance before marriage was minimal or non-existent.



*The need for marriage preparation and for good literature is evident.* Sexual maturity is synonymous with a well developed personality. Personality is not to be confused with physique. Personality or character is much deeper and it involves all five facets of the human person—the physical, emotional or psychological, mental or intellectual, social and spiritual. A positive personality is mature in all these facets.

## CHAPTER VII

# PSYCHE AND SEX EDUCATION

Serious problems in behavioural, sexual, social and personal fields confront the teacher and parent on whom the main responsibility of sex education is squarely placed. *“Children do not merely grow up, they have to be brought up, and if we label our youth as badly brought up we must admit our own shortcomings in bringing them up. Adolescent disenchantment with the Adult Life that exists around them gives rise to the apathy, distrust and disillusionment that we see in our youth today”*.

Adults that are responsible and in authority must themselves have a highly moral, honest and uncompromising code on the basic values of life. Vague, unspecific and changing views and opinions are as harmful to character development of which sex education is such an important part, as snake venom to physical life.

Every stage of growth has an optimum period for contact with the outreachings of the growing individual. If the opportunity for this contact is lost at the important stage of adolescent development we have outlived our usefulness at probably the most important stage of sexual development. But if we recognise, grasp and utilise these opportunities in adolescence we have a priceless and possibly our last chance to give them a set of values and ideals which will set them firmly on a strong basis for life.



“Before the mass communication media existed, moral values were set solely by the family which was influenced by religion and its insistence on chastity. Sin and sexual misconduct were closely linked, and sin acted as a real deterrent to any such misconduct.

Although fornication undoubtedly occurred it met with no social tolerance and when detected was visited by considerable social penalties.”

Nowadays the popular press, ubiquitous literature and radio and even television often frankly challenge chastity and religious allegiance, so that social tolerance of sexual licence is widespread even in Indian life today. Family life which was undoubtedly responsible for healthy development has undergone a revolution. Socio-economic factors such as over-crowding, parents physically over-worked or socially involved force the young to situations and places where sexual preoccupation is high in the pastimes offered.

In the past we have had the tendency to shelter our children in the home and in the school from even the mention of sex. This *taboo* practised very strongly in the middle classes even today in India can lead to an unhealthy attitude toward sex. But being at the same time a strong and natural urge, surreptitious means to enlighten or have the experience themselves make the adolescent turn from his parents and teacher to other available sources.

If we are to be purposeful about our educational work we must base it on facts fully recognizing the needs, practices and views of our youth.

In a detailed survey in England, Michael Schofield reports that *father and mother* were the sources of knowledge in only 11% boys and 28% girls. *Teachers* in 12% boys and 18% girls and *friends* in 62% boys and 44%

girls. 67% boys and 29% girls never had any advice at all about sex from their parents.

Classical adult sexual disorders have their origin in childhood, Dr. R.P. Agrawal Bombay, observed at a recent workshop on "Childhood sexuality and male sexual inadequacies".

"Children, including infants are sexual and sensual beings," he said; "development of their sexuality and sensuality is an integral part of their growth. Their pleasure in physical contact or chance genital manipulation is healthy and, contrary to popular belief, unlikely to lead to promiscuity."

Children normally go through an oral, anal and genital phase.

"Curiosity is one of the chief modes of learning. Curiosity about one's sexual organs and those of the opposite sex is therefore natural, and leads to many exploratory activities, fantasising, and enquiries to parents. Such questions, which should be answered truthfully and to the point, do not reflect a perverted mind or a pre-occupation with sex".

### **Ignorance is not a Virtue**

He also stressed the important role of teachers in imparting sex education. Only sexually well-informed and emotionally adjusted teachers should be entrusted with the task of sex education.

Sex education must be integrated with general health and character education. That is, it must be biologic, physiologic, technical and moral orientated. Given in this framework only can we hope to achieve a complete or harmonious approach and education on sex.



The timing of sex instruction varies from individual to individual, but it should be gradual, always given in a background of love and warmth, and preferably by parents, at home.

By the time of puberty which in India is about 12 years for girls, (and has a tendency to occur even earlier in better developed girls) and about 14 years in boys where it is a more gradual change, the child must be fully knowledgeable of the facts of life.

## CHAPTER VIII

# THE ADOLESCENT

A parent or teacher speaks thus—

About the age of eleven or twelve there is a tide which begins to rise in the veins of youth. It is called *Adolescence*. It is at this stage, that you are no longer a child and childhood has firmly and definitely been left behind. At this age you are firmly established on the path to adulthood. Adolescence means “to grow up.”

The growth of your body makes you aware of yourself, your sex, of certain new feelings and you are often worried, confused or awkward as a result of these changes. These physical or bodily changes are a natural result of certain chemical substances or hormones in the body. These are produced by glands, and by a hormone known as *Testosterone* which gives a boy his masculine characteristics.

Glands that are common to both boys and girls are the thyroid gland in the neck which is responsible for proper growth, the Pituitary in the Brain which directs all the glands in the body. The Pituitary is known as the conductor of the Endocrine Orchestra. The tiny Pineal gland, also in the Brain, the Thymus which is important for growth in childhood, the parathyroids, the suprarenals and pancreas, are present in men and women.



The other type of glands are known as the *sex glands* and are concerned with reproduction. In boys there is the Testes, two glands which lie in the scrotum near the male organ. They produce the male egg or sperm. In girls there is the ovary, two almond shaped organs lying below the intestines in the pelvis. These glands produce the female egg or ovum, and a hormone *Oestrogen*, which circulates in the body stream and is responsible for many physical and emotional changes which make a girl feminine. The teenager or adolescent is normally characterised by changes which may be—

- 1) Physical,
- 2) Emotional,
- 3) Spiritual, social and
- 4) Intellectual or mental.

These changes cannot be delineated as they are all closely linked with one another and influences each other.

For a young boy, adolescence is characterised by a sudden spurt or increase in growth. He seems to suddenly spring up like a tall tree, become awkward and shy. He is clumsy and his voice changes, becoming masculine or deep. He tends to think of girls as 'sissies' and looks up to stars in cricket, football etc. as his ideal heroes.

He becomes interested in his body and aware of his strength. His beard grows and he feels an inclination to shave. Gradually as he grows more sure of himself he begins to take an interest in his looks, in girls and in appearing manly. Boys usually go through all these changes slowly over a period of many months or years.

Girls mature earlier and more rapidly. They begin to take an interest in their looks and appearance. They begin to see boys as interesting or attractive persons.

The emotional changes that characterize adolescence are more complex than, and differ from the physical changes. Physical growth occurs almost automatically if one eats a nutritious or balanced diet, takes adequate rest and exercises enough.

Emotional development requires the fullest participation by one's self and the development of satisfactory inter-personal relations with others. It calls for self-discipline to curb and train emotions, to afford proper development and to acquire a good personality.

During adolescence, one's character or personality is crystallized and set into a pattern and this is very difficult to change later on. That is why it is important to understand how a young person matures and develops at this vital stage of life.

When one's body grows one should learn how to look after it, how to be poised and control awkwardness, how to make the best use of one's muscles, without overtiring them. In the same way, *emotions have to be trained* and feelings and inclinations that are new, intense and raw, have to be controlled and matured. Of these, the most important is the sexual feeling or the sexual emotion.

Sex is an expression of man's deepest desire to communicate both spiritually and emotionally, mentally and physically, with his partner in order to complete or fulfil his personality. The sexual instinct is a creative instinct and therefore when a person for any reason, decides to remain single, joins the religious and cannot satisfy sexual instinct by physical union, it is necessary for this instinct to be channelled into creative pursuits in sports, art, poetry, prose, music, handicrafts, social work and so on.

Adolescence is a stage and not an age. Adolescence is universally accepted as a time of learning. The most important thing however, which boys and girls have still



to learn is the age-old basic role of how to be men and women.

### Then What Exactly is Sex?

Sex is a sacred expression of one's deepest need of communication or contact, both spiritual and emotional, mental and physical with one's partner in order to fulfil one's personality. The desire for sexual union begins naturally and beautifully in feelings. This feeling and emotion is transmitted to the body which becomes an instrument to express this love. If sex therefore is an instrument for the expression of our love, the *knowledge of its use must be adequate, of high quality and complete*. The physical aspect of sex is intimately linked with the emotional.

At puberty the female glands or ovaries become active. Hair growth in the pubic and axillary (armpit) region starts, and the feminine curves of the body becomes predominant. A girl becomes a woman physically when she starts her menstrual period (menarche). When a girl gets her first menstrual period is an indication that her ovaries have developed. Each egg produces an increase of female hormone which is poured into the blood. The amount of hormone secreted is controlled by the pituitary gland in the head.

The emotional changes are shown by an interest in young men and the desire to be considered attractive and wanted.

In boys the male organ or penis is designed to fit into the female vagina. The male egg or sperm is deposited into the female vagina during reproduction.

As we keep our body, teeth, hair and nails clean and free from infection, we must also zealously guard

our minds from contamination by corrupting influences. Knowledge is good and essential but we must retain only that which is useful, just like the body which with the help of the lungs, heart, kidneys, liver and other organs retain from the air we breathe and the food we eat and drink, *only those nutrients* that are necessary for the body growth and functions. So also, you must be very selective and choosy in your companions, the books you read, the pictures you see and the talk you indulge in. If you want yourself to be of a first class standard you must put first class material into yourself.

In your feelings and the development of your emotions you will experience many problems and conflicts. Conflicts are thoughts and feelings that battle with each other within you. Some are of your own make up, or as a result of experiences, reading or talking. These are normal and necessary for development. If you learn how to face difficulties now, then you will be able to meet all kinds of crisis, difficulties in future life. You must train yourself to be sensible, firm and adapt to changes around. The conflicts you experience may be in the home and this is very common as you feel your parents no longer understand you.

Your parents grew up in a world very different from today. They are bound by certain traditions, and perhaps even lack of education. Therefore you must bridge the gap of misunderstanding which causes conflict in your relations with your parents or teachers. *You are young and have the resilience of youth and can change and adapt easily whereas elders find it difficult.*

Arguments, loss of temper and violent outbursts betray childishness and immaturity. Be frank, even if it is sometimes difficult, with your elders. They will



appreciate it and take it as a sign of your being responsible and grownup, and more importance will be given to you. If you have confused thoughts on sex, the best way to clear all doubts is to enlighten yourself by talking to parents, elders, or religious persons of whatever faith you belong to.

Very often the conflict you feel is only within yourself and you tend to be confused with your feelings. At such times patience is very essential. These are all the result of great physical and hormonal changes within the body. *In boys and girls who are of thoughtful disposition these changes occur gradually and smoothly.* In those who are very excitable and easily aroused to childish tantrums of temper and sulkiness, the mind is so strong that it influences the secretion or production of hormones and the imbalance of these is reflected in behaviour. It is important that a teenager has friends and establishes strong inter-personal relations with school companions, teachers and in the family with parents, brothers and sisters, in preparation for future family relationships. Take your fears to elders who will help you. *For expert advice the help of experts must be sought.* Never go to companions as they are not experts, and will usually be experiencing the same problems.

Teenagers often experience strong feelings and you may be very sensitive and get hurt easily. This is a phase in your development that you must go through, and the strength you need should come from within for a strong character built on principles. *Boys feel that they must express their masculinity and be seen holding a cigarette or a drink.* Though this is quite understandable, it is not a sign of maturity.

Girls tend to ignore their mothers as they feel they must show their independence and equality in all spheres.

This is a temporary phase and will gradually disappear when they have to face the realities of life.

*As you are growing up you need all the help available.* You should take this from those interested in your welfare like your parents, teachers or religious leaders. Religion is very important and you should be strong in it. God is like an anchor who will sustain you in difficult times.

The more you study the world around you, the wonders of science and even your own body in which the most complicated processes go on, the more you will realize how important it is for you to develop as you have been created to, and dear teenager where else is development most needed but in yourselves as you are today, developing to face a difficult tomorrow, confidently and brightly—full of hope!



## CHAPTER IX

# THE MALE REPRODUCTIVE SYSTEM

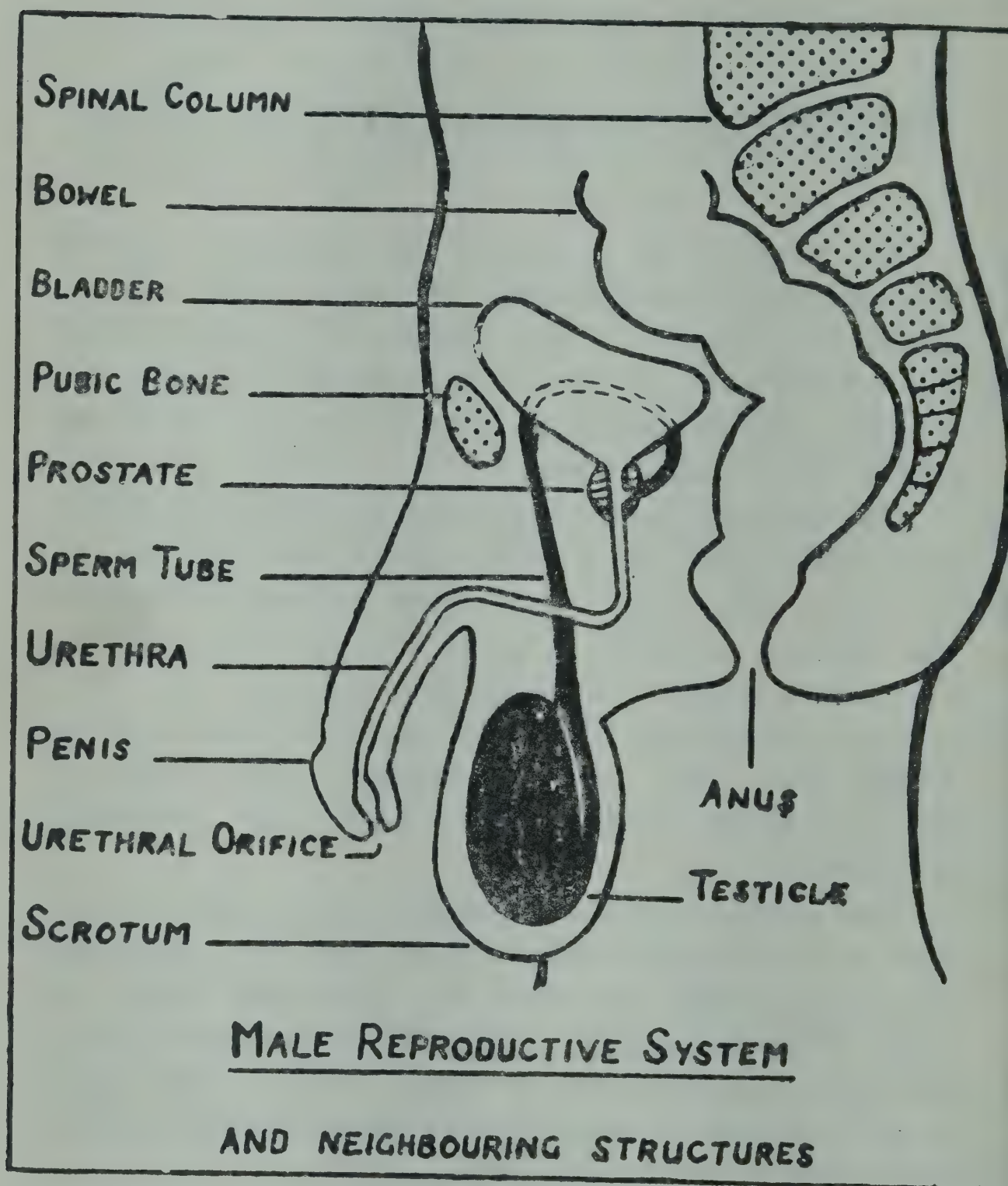
The principal sex organs of the male are a pair of testes or testicles and the penis. The testes are the male sex glands. The testes of a boy produce a hormone which affects his growth and sexual development. The testes also produce the spermatozoa, or male sex cells, from the time a boy reaches puberty.

The male sex organs make complex, delicately adjusted provisions for the growth, storage, and discharge of the sperm cells. The two testes are suspended between the thighs in a pouch, or sac of skin, called the scrotum. Each testes is about one inch thick and one and three quarter inches long. The testes are filled with hundreds of fine thread like tubes, or tubules, tightly coiled in the small space available and it is here that the sperm cells develop.

The spermatozoa are extremely small. There may be four to five hundred million sperm cells in a teaspoonful of the semen when they are discharged from the body. When seen under a powerful microscope a sperm cell looks something like a tadpole, with a large head at one end and an active tail at the other which enables it to swim in the seminal fluid.

The penis is the male sexual organ and hangs in front of the scrotal sac. It is shaped like a thumb, but is usually larger. It varies in size, but its size has nothing to do with sexual virility or fertility. The penis

consists mostly of blood spaces through which passes a tube called the urethra.



The urethra runs throughout the length of the penis and provides a channel through which sperm cells leave the body. Semen and urine do not normally pass through it at the same time. The sperm cells reach the



urethra after a complex journey. All the small, coiled tubules in one testis open into one large tube (vas deferens) through which the sperm cells leave the testis. Behind each testis, in the scrotum, is a temporary storage space for the sperm cells. This organ is known as the *epididymis* and the lower end of each epididymis is joined to a tube or duct, called the seminal duct or *Vas deferens*. Each duct rises into the groin and finally opens into the urethra.

Before opening into the urethra each duct is connected with an organ known as the *seminal vesicle* which serves as a storage sac for sperm cells. After the seminal ducts unite with the urethra the combined channel, passes through the prostate gland into the penis. The secretions of the epididymis, the seminal vesicle and the prostate gland mingle to form a whitish fluid which together with the sperm cells is known as semen.

The end of the penis is partly covered by loose skin which is sometimes removed by a surgeon in a minor operation known as *circumcision*. This is a healthy procedure, and all males should be circumcised as babies. It prevents the "Smegma" discharges from accumulating. Males who are circumcised do not get cancer of the penis easily. Their wives are also less likely to have infection.

Although usually limp and soft, the penis is richly supplied by nerves and when sexual excitement occurs blood fills the spaces and the penis become firm, turgid, enlarged and erect. If the stimulation continues, in a man, or in a boy whose sex organs have matured, the male seed sperms which are stored up are ejected out of the erect penis. This is an *ejaculation*. The penis then becomes limp again.

## Nocturnal Emissions

Nocturnal emissions occur as a result of dreams of a sexual nature. An orgasm occurs during sleep and the male semen is ejaculated, hence the term "*Wet dreams*". Females may have similar dreams, when the vaginal mucous is secreted. An individual has no control over nocturnal emission. Opinion about the effect of such experiences on the male, is varied. Many men, especially athletes, feel that they are weakened by a nocturnal emission and are concerned about it. *But this is not true.*

Occasionally, sexual dreams may involve a person whom the individual would not consider a sex partner. This could result in the development of guilt feelings. These feelings will be reduced if the person does not attach too much importance to the dream and places it in its proper perspective. To attach moral meaning to nocturnal emissions is inappropriate because they are beyond the control of the individual.

*"Wet Dreams" is nature's way of getting rid of stored up semen.* That is why neither masturbation nor intercourse is necessary, for as soon as the seminal fluid reaches a certain level in the fine capillary-tube-like vas deferens, the pressure it exerts makes the emission occur spontaneously.

Nocturnal Emissions are a perfectly natural occurrence and boys who get disturbed by it should be reassured. *This is a part of Sex Education, which is like vaccination,* necessary to protect our children from the harmful and often corrupting environment.



# FEMALE REPRODUCTIVE SYSTEM

The Female has an opening in front which leads to the reproductive organs. This is a muscular tube known as the "Vagina" and leads to the womb or uterus. Its purpose is to take part in the sexual union and receive the male seed. The opening of the vagina is partly covered by a membrane known as the hymen (after the Greek goddess Hymena).

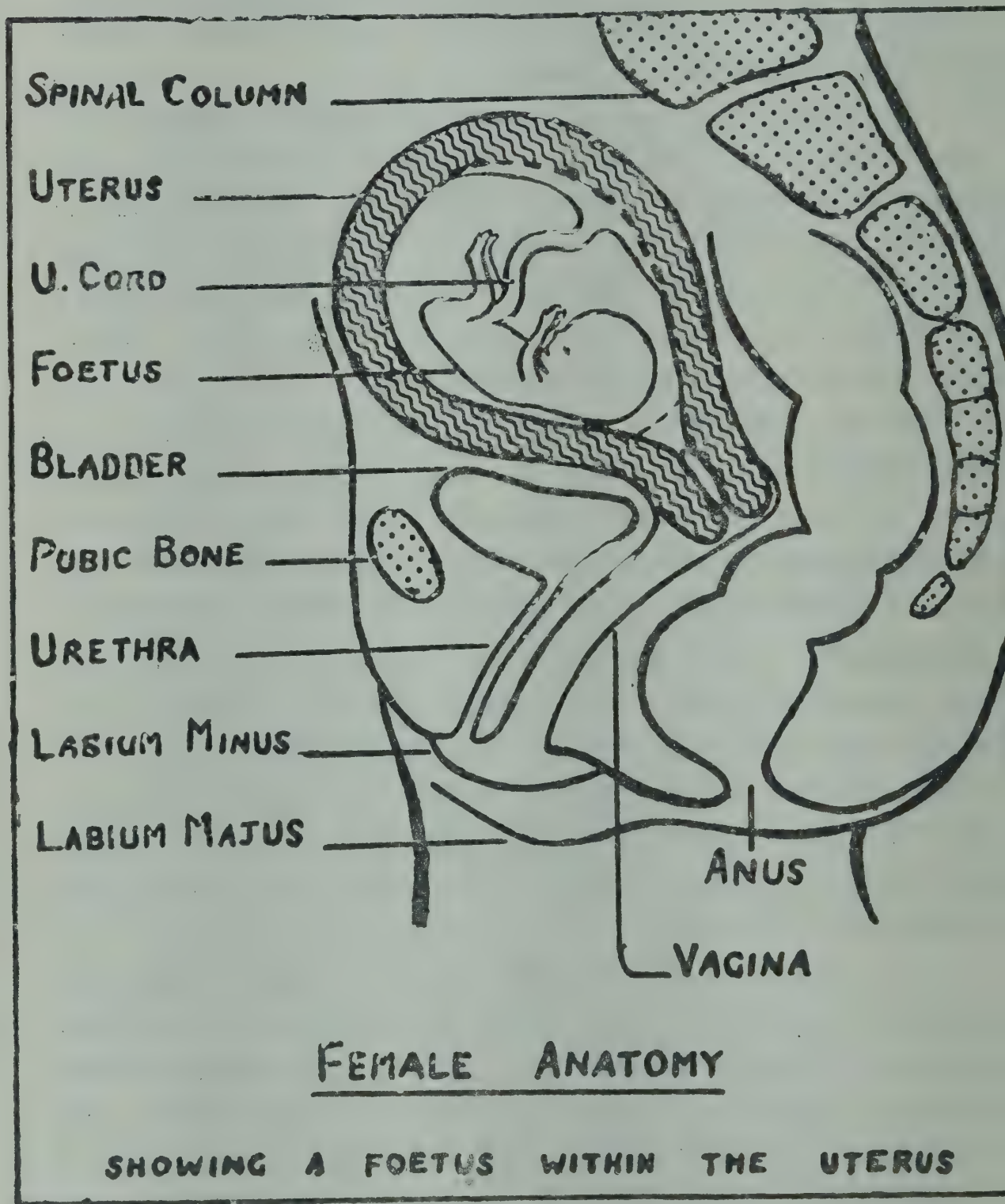
The womb or uterus is a small hollow organ whose walls are formed of strong muscular tissues and is internally lined by a mucous membrane. It is the chamber in which the baby is destined to live for 9 months before being born. In pregnancy therefore, the womb grows to a very large size and after the birth of the baby, the womb returns to its previous size.

By the side of the uterus are two small almond shaped organs known as the ovaries. These are the organs that produce the female egg cells. They also produce internal secretions which guide a girl's body functions and sexual development from the time of puberty onwards.

**Ovulation:** With the onset of puberty, the activity of the ovaries begins. With each monthly cycle of 28 days, one primitive female egg enlarges, matures and after about 14 days, its sac bursts and egg is released. *This is called ovulation.* This egg is now ready to be fertilized and travels towards the tubes that connect the ovaries to the womb.

If at that time, a male seed or sperm joins the female egg, then a new being is formed and this little embryo is lodged in the thin wall of the uterus which thickens greatly in preparation for the foetus. Here, the foetus will slowly grow and form into a baby in 9 months time, after which it is ready to be born.

If there is no male seed available when the egg is released from the ovary then this ovum withers away and dies in 24 hours. At the same time, the lining of the uterus which had prepared itself to receive a fertilized ovum also separates out and is shed, together with some blood from the wall of the uterus. This blood and





dead material is shed out every month from the uterus through the vagina, and is known as the menstrual flow. Menstruation simply means that the sex organs have developed sufficiently to accomplish their particular function. Menstruation however, will not take place if fertilization of the ovum has occurred in which case, the fertilised ovum is lodged in the wall of the uterus.

Normally the menstrual flow lasts for 4 days and the complete cycle varies from 23-35 days. The amount of blood lost is about a cup.

The process of ovulation and menstruation continues till a woman passes middle age.

When the ovulation-menstruation cycle stops, it is known as *Menopause*. Usually this happens when 6 months more have elapsed since the last menses, in women above 48 years or more.

In males the process of spermatogenesis ceases similarly. This event is known as "*andropause*".

It is quite normal to have intercourse after the menopause, both for men and women. The latter have no fear of pregnancy, and though frequency may be decreased, the pleasure still remains.

## CHAPTER X

### DIET NUTRITION BLOOD GROUPS

A balanced diet with Proteins, Fats, Carbohydrates, Vitamins and Minerals in the right proportions is absolutely necessary for good health.

*Proteins* (from “protos”, Greek word which means “to come first”) are body building foods and are vital for mental development. They are protective and keep the body resistance high to avoid infection and disease.

*Sources of Proteins:* Milk, Dhal, Meat, Fish and Eggs.

*Fats:* found in oils, ghee and nuts are energy giving foods. They also provide vitamins A and D.

Vegetables fats are healthier than animal fats which contain cholesterol.

*Carbohydrates:* are energy giving and provide the bulk of the diet. They are found in cereals, potatoes and sugar.

*Vitamins:* are found in protein foods. They are necessary for metabolism and growth.

*Minerals:* are needed for healthy bones, blood and teeth.

Green leafy vegetables provide vitamins and minerals. Carrots contain carotene which is good for the eyes. Salads and greens give energy and keep the skin and hair healthy and growing. They also keep the bowel action regular. Sweets and fried foods are not good for



the teeth and skin. Adolescents who are prone to acne should avoid them.

Brushing of teeth and massaging of gums should be done twice daily. Unscented powders, soaps and shampoos should be used. Baby soaps are best for sensitive skins (Johnson Baby Soap). Cosmetics should be used sparingly.

### **Diet for an Adolescent**

<i>Breakfast</i>	Milk 6 ozs. Coffee or Tea, Sugar Bread 3 ozs, Egg 1 or Chappatis 3
<i>Mid-Morning</i>	Snack of fruit (Papaya) or Groundnuts
<i>Noon</i>	Rice 4 ozs (12 ozs when cooked) Meat 4 ozs Dhal 1 ozs (3 ozs when cooked) Curds 3 ozs Vegetables & Greens 3 ozs
<i>4 P.M.</i>	Milk 6 ozs Coffee or Tea, Sugar Banana 1
<i>7 P.M.</i>	Rice 3 ozs (9 ozs when cooked) Meat 3 ozs, Vegetables and Greens 3 ozs
<i>9 P.M.</i>	Milk 6 ozs

Daily allowances of sugar or jaggery –  $1\frac{1}{2}$  ozs.

Oil in cooking – 4 ozs.

Instead of Rice have Chappatis (Wheat)

Jaggery is more nutritious than sugar—It contains Yeast and iron.

If Vegetarian: have 6 ozs vegetables daily and 3 ozs Dhal, and Soya Preparations.

## **Growth Spurt**

The growth spurt starts at the age of 10 to 11 years in the case of girls, and 12 to 13 years in the case of boys. The growth spurt is maintained for about 2 years in both sexes.

**WEIGHT:** During the above period, boys gain about 20 kg and girls about 16 kg respectively.

**HEIGHT:** In the first year of life, the body length increases by 50 percent. In the second year another 12 to 13 cm. are added. Thereafter the growth in height is about 5 to 6 cms every year until adolescence.

During the adolescent growth spurt boys increase in height by about 20 cms. and girls by about 16 cms.

So, the nutritional requirements during this adolescent growth spurt is naturally increased to cope with the increase in demand.



## BLOOD GROUPS AND THE RHESUS (Rh) SYSTEM

According to Land-Steiner, there are 4 main blood groups—'A', 'B', 'AB' and 'O'.

Those belonging to the 'AB' group are called universal recipients i.e.: they can receive blood from either 'A', 'B' or 'O' individuals, while they can give blood only to those of 'AB' group. Persons in the 'O' group are called universal donors, they can give blood to any group, but can receive only from 'O' group individuals. Blood consists of cellular portion called 'cells' and fluid part called plasma. Transfusion reactions are usually due to destruction of donor cells, by recipient plasma.

In addition to the above system of blood groups, there is another system called the Rhesus or Rh system. The Rh factor is present in the red blood cells of 85% of all persons (who are called Rh positive) and absent in the other 15% (called Rh negative).

The Rh factor is very important in pregnancy. An Rh negative pregnant woman may be sensitized by an Rh positive foetus. The Rh factor is a Mendelian dominant, and so if the father is Rh positive, the foetus may be Rh positive. If the mother is Rh negative, a few foetal Rh positive cells may enter the maternal circulation and provoke the production of anti Rh positive antibodies in the plasma of the mother. This sensitized plasma filters into the foetal circulation destroying the Rh positive red cells of the foetus causing what is known as erythroblastosis foetalis, characterised by anaemia and jaundice in the new born. Similarly if a Rh negative

mother is transfused with Rh positive blood, severe transfusion reaction may occur. If transfused with Rh negative blood, no reaction occurs. On the other hand if the mother is Rh positive and the father Rh negative such a condition will not occur, or if both are Rh negative.

A Blood Test before marriage to determine the Group and to rule out Venereal Disease is recommended.



## CHAPTER XI

# HEALTH AND HYGIENE

Health has been defined as a positive state of physical, mental, social, emotional and spiritual well being.

Health, therefore, is not the mere absence of disease or deformity.

We inherit about 50% of our characteristics, the remaining 50% is determined by environment and hence even inherited tendencies or predispositions can be changed for better or worse depending on the environment we have, and which to a large extent we can control.

**Environment** is the aggregate of factors surrounding us, like physical, biological, mental, social, emotional and spiritual. Unhappy parents breed unhappy children, because of the poor home-life and lack of love and sharing between members of the family.

The *primary relationship* in the world is that between mother and child. The *secondary* between child and father and siblings, the *tertiary* is that between child and school, college, community, friends.

The foundation of good physical and emotional health must be strong. A balanced diet, adequate exercise to keep the body muscles in tone, and daily rest of about 8 hours is necessary for good physical health.

Mental health is equally important and needs self discipline and control over anger, aggression and stress. Recreation is also necessary. Emotional hygiene and

keeping the mind calm and avoiding pent up feelings is as important as physical hygiene. In fact many illnesses result from psychological or emotional disturbances.

*Good health* is a most *precious gift* and its attainment a *most worthy* goal.

*Hygiene*: The name is derived from the Greek goddess Hygeia whose motto was “Cleanliness is next to godliness”.

Cleanliness or physical hygiene is very important. Clean clothes, healthy hair and regular baths make a person attractive.

Sexual hygiene is very important, especially for men who tend to neglect this aspect.

Regular medical and dental examinations especially after 40 years are necessary.

A daily bath, time to reflect or evaluate the day's programme or work, a judicious selection of friends and activities, avoidance of smoking, drugs and liquor in excess makes for a highly healthy and successful person.

*Anaemia* caused by low Haemoglobin (Hb) values of the Red Blood Cells is a sign of poor health. The Hb should be above 75% especially in women who lose blood in menstruation and who suffer from chronic anaemia.

### **Recommended Intake of Calcium**

<b>Age group</b>	<b>mg/day</b>
10 – 15	600 – 700
16 – 19	500 – 600

### **Suggested Iron Intake**

<b>Group</b>	<b>mg/day</b>
Adolescent girls	35
Adolescent boys	25

(Additional 5 mg for adolescent growth)



## CHAPTER XII

# SEXUAL DEVIATION

Sexual perversion or sexual aberration is a predominant method to get sexual satisfaction by certain people other than normal ones. (i.e., they deviate from the normal sexual behaviour between two people of the opposite sex). Infantile sexuality is different from adult sexuality, so one should never make a mistake of thinking of child's sexual activity as a sexual deviation.

Usually sexual deviations take place when there is a disorder of personality or emotional immaturity, and when there is an inner force due to the degree of desire and strength of the sexual drive. These human beings are referred to as social misfits. It is usually associated with unhappy parent-child relationships. There are many sexual deviations out of which a few are explained here.

### Sadism

Is a sexual abnormality whereby the person gains sexual gratification or at least an increase in sexual pleasure, by inflicting either physical or psychological pain upon his partner in sexual relationships. The aggressive act has no purpose other than that pain thus caused is the course of sexual gratification.

## **Masochism**

Is the mirror image of sadism. The disturbed person receives sexual pleasure or gratification from being hurt, physically or emotionally by his sexual partner.

## **Exhibitionism**

Is an aberration where sexual gratification is derived from exhibiting the genitals to unwitting sexual prey.

## **Voyeurism**

Are disturbances in which the viewer of sexual acts and erotic things derives unusual sexual pleasure and gratification. In the case of the Voyeur, the viewing is usually done secretly. In his efforts to observe the sexual activity of others, he often hopefully peers through a window or may go to such lengths as to bore a hole through the doors of toilets, dressing rooms and so on (Peeping Tom).

## **Transvestism**

Refers to sexual excitement or gratification derived from dressing in the clothes of the opposite sex. In some extreme cases, the individual actually seeks surgery to change his genital structure to that of the opposite sex. These people, however, usually have deep seated and serious psychiatric problems, and more correctly should be called trans-sexuals.

## **Fetishism**

In which the individual's sexual impulses become fixed on to a substitute, a sexual symbol for the basic



love object. The particular fetish object somehow becomes associated with sexual excitement, or with the love and acceptance the fetishist once received from his mother.

## **Homosexuality**

Is a sexual attraction to a member of the same sex or manifest sexual relations with that person. This happens, when an individual takes a hatred towards a dominant mother or a father in his childhood days. There are also bisexuals, who have sexual relationship with the same sex, and sometimes with the opposite sex.

Apart from these deviations, there are also certain sexual deviations like sexual oralism, sexual analism, bestiality and so on.

**Dr. Jayram**

## **MASTURBATION**

Masturbation is self-stimulation of the genitals to effect sexual pleasure and often orgasm or climax. For the young male, masturbation is a common sexual outlet until marriage. Certain studies indicate that over 60 per cent of males have either consciously or subconsciously masturbated by the time they reach their sixteenth birthday. It is estimated that less than half this number of females have also masturbated, the frequency of the practice being much lower in girls.

There is a lot of concern about the psychological harm or disturbance that masturbation can cause. Commonly practised by adolescents it becomes a problem only when it is obsessive and accompanied by personality changes, and then there is cause for concern. In such

cases, when used as a source of solace and a retreat from problems, it reflects unwholesome attitudes. In extreme cases, where a child seems to be masturbating continually or frequently the advice of a physician or of a child guidance expert should be sought, because the parent's anxiety can increase the problem.

Parents facing this problem will be most helpful to the child if they provide a happy, relaxed, loving home atmosphere with a daily routine that offers the child interesting and absorbing things to do and avoids situations that might encourage masturbation.

Adults need to remember that with boys and girls in their teens, as also with younger children, the most serious damage from masturbation rises from feelings of shame and guilt. The teenager who asks his parents or some other person about it should be given straight answers. "It is very common among young people", "It does not cause insanity or physical harm", and "people get over the practice as they grow older".

Therefore, we must distinguish between *Casual Masturbation* which occurs while dressing, washing, bathing or scratching and the pleasurable sensation that is obtained.

However, some youngsters masturbate so frequently that their personality undergoes a change. Because he has to masturbate in secrecy, he becomes a "loner". Increasingly masturbation fails to satisfy him at one point and he becomes frustrated.

Since he is used to getting pleasure from his own organ he may be tempted to go to other boys and if other conditions are unfavourable he may become a homosexual.

If not, a person who is addicted to masturbation is likely to develop "*premature ejaculation*". This is one of the most frequent complaints in marriage and may leave both husband and wife frustrated.



A person who thus finds that by masturbating he is not doing himself any good but on the contrary, he is becoming frustrated would be well advised to give up the habit.

He can overcome the urge by taking up a vigorous game, exercises, Yoga and mixing with boys and girls. Often boys are under the mistaken impression that masturbation or sexual intercourse is necessary to release stored up semen. This is scientifically wrong as nature herself, by wet dreams and emissions during games etc., releases semen whenever necessary.

Boys need a good diet with plenty of body building protein foods. Also they have many fears and anxieties and need someone to explain them and help them to overcome these. They feel shy to ask unless they have confidence in persons who should preferably be their parents. They are often made to feel that because masturbation is common, it is normal or natural. The common cold is common. It is neither normal or natural. It is an infection due to a virus (300 types of virus) and difficult to cure if not prevented in time. *Chronic masturbation should be overcome by counselling and just because it is common, it should not be ignored.*

## HOMOSEXUALITY

Much research has been carried out over the years as to the cause of homosexuality. However, as yet no convincing evidence of true organic or hereditary cause has been established. Most modern psychiatrists view homosexuality as a common side track of adolescent sexual behaviour. One should understand that in its beginning the sexual instinct is not immediately oriented

to the opposite sex. It first appears as a seeking for emotional contact with another personality, and circumstances may determine that the other person is of the same sex. Crushes, heroworship and sentimental friendships are all natural phenomena of early adolescence, but should be of a temporary nature only.

A large percentage of homosexuals and lesbians (female homosexual) eventually enter into heterosexual marriages. They may do so because they feel a desire to conform to the demands of society or, more often, because of a desire to have and raise children. Some male homosexuals may be frightened and feel so hostile towards women that they become impotent in their presence and hence prefer not to enter into marriage.

There is a misconception that homosexuality is incurable and unchangeable. This stems from the view point that it is inborn and of an organic nature and secondly that it is not a disorder, but rather, "a way of life".

*The homosexual's chances for cure are directly related to the intensity of his desire for change.* Psychotherapy has a lot to offer a person troubled with this condition. It can help him find better self-acceptance, healthy assertiveness, and improve his interpersonal functioning.

## **Counselling the Homosexual**

The only valid way to do this is by getting to know the problem from the person involved. This needs a lot of time, understanding and encouragement on the part of the helper. Rectal irritations, lesions such as condylomas, ulcers around the anus, urethritis and other urinary tract inflammations etc., are common among male homosexuals. Gonorrhoea seems to have a relatively high incidence among male homosexuals.



In female homosexuals lesions of the vagina and external genitalia may occur. Trichomonal and monilial infections in the mouth and genitals are common in homosexual patients. All these need the services of a doctor.

### **Counselling the Family**

*Early developing symptoms of homosexuality can often be recognised by parents but unfortunately parents, teachers or hostel wardens often have a tendency to deny that such a problem exists.* Parents and teachers should gently discourage, this practice. If however persistent, it should be treated by every available means. For various reasons, if not cured during the adolescent phase of life, a person may live with the practice through adulthood and be a total failure unable to take part and serve in the divine plan of procreation and live a normal, fulfilling heterosexual life.

The patient should be encouraged to attempt heterosexual contacts, social as well as sexual. Persistent contact with persons of the opposite sex with encouragement will help in bringing about some change. The person should be encouraged to examine areas other than the sexual aspects of his life and divert his energies on to suitable creative tasks and recreations thereby greatly enriching his personality, and development of mind and body.

As most homosexuals, men and women are lonely confused and frightened people and victims of a background of their own making, efforts for their change by interested persons will be greatly appreciated by them.

They look for help from others and would like to feel wanted, with some relationship to another living person of the opposite sex.

## CHAPTER XIII

# SEXUALLY TRANSMITTED VENEREAL DISEASES (S.T.D.)

S.T.D. are diseases that depend on sexual intercourse for its transmission.

Of all the S.T.D. diseases, gonorrhoea is the commonest, followed by syphilis. The three minor venereal diseases are chancroid, granuloma inguinale and lymphogranuloma venerum.

Gonorrhoea and syphilis are increasingly prevalent among teenagers, and young adults. S.T.D. diseases are different from other diseases. Intimately related to human behaviour they create their own peculiar problems in society: We are often asked, are they really so prevalent in our country? Aren't these diseases confined more or less to the West?

According to Dr. T. Guxthe, Chief Medical Officer for Communicable diseases to the World Health Organisation at the time, Bombay ranks among the ten most highly infected cities in the world.

The prevalence rate for syphilis for the country as a whole could not be under 5 per cent and is probably nearer 10 per cent. The corresponding rate for countries like U.K, France, U.S.A. and the Scandinavian countries is a small fraction of 1 per cent.

Gonorrhoea is far more prevalent than syphilis.

Age group 15-25 accounts for more than half of the total number of freshly acquired venereal infections.



Dr. D.S. Raju, Deputy Minister for Health, Government of India, stated long back in 1963 that nearly 20 million people in India are infected with venereal disease every year.

Syphilis is caused by *Treponema pallidum* and is transmitted by direct sexual contact with a person who is suffering from the disease. It could also be transmitted by kissing an infected person with mouth lesions. Rarely, transmission through blood transfusion have also been known to occur.

Infants may also be affected "in utero" through the placenta of the infected mother, and if she is left untreated, severe deformities and even death of the child can occur. Every couple before marriage should have a blood test to rule out S.T.D. and to determine blood groups. The incubation period is usually from 4-6 weeks. The history physical and serological examination of the patient are important in establishing a diagnosis of syphilis.

Gonorrhoea is an acutely infectious venereal disease due to *Neisseria gonococi*. The incubation period is about 3-6 days. It is transmitted by intimate sexual contact with an infected person. Newborn babies may acquire a very serious infection of the eyes called *ophthalmia neonatarum* from their mothers which may result in blindness if left untreated. In gonorrhoea where purulent secretions are available, the smear is an effective means of diagnosis. Very often the condition goes undetected in women, as it is mistaken for the normal vaginal discharge.

Although correct statistical data is not available, the factors responsible for the persistence of these two common venereal diseases are—

1. Most cases are treated by private physicians and hence no proper record is maintained;

2. Moral laxity and sexual promiscuity has increased to a great degree in recent years;
3. Antibiotics used to check these conditions are freely available;
4. Increased use of contraceptive in illicit intercourse may prevent pregnancy but not S.T.D. and
5. Emigration;
6. Lack of "Contact" tracing (i.e. source of the disease).

The treatment of S.T.D. is very simple and involves the use of proper antibiotics under the guidance of a physician. The idea that makes virginity is to be condemned. So also the idea that a man should be "experienced" before marriage and therefore sexual intercourse is advisable. Double standards in Indian society are to be deplored. Premarital chastity for men and women is advisable and makes for good & healthy conjugal relationships.

However, prevention is better than cure, and what is of vital importance is a control of one's emotions and the development of a strong will-power. This implies that a person must live a normal active life. He must eat and sleep well, work hard, exercise and have good friends. The development of a hobby to which interest and enthusiasm can be devoted during spare time is equally important in order that the mind may be distracted but the removal of anxiety-producing situations. Sexual life should not be considered of paramount importance but necessary only as the will of God for procreation and for the happiness of married partners.

*To control S.T.D. we must control promiscuity.* Modern civilisation presents innumerable factors favouring promiscuity, social pressures, broken homes, bad example set



by associates or superiors; secularisation in clothing, books, art, advertising and cinema; frustrations, maladjustments and restlessness of women; false concepts of happiness and a general decline in character and discipline; also marital boredom, housing problems and a lack of playgrounds. And now to add to these, the disappearance of the fear of pregnancy and its social consequences through contraception, and also, the disappearance of the fear of venereal disease through expectation of a quick cure with little discomfort or inconvenience.

Venereal diseases are preventable and should be prevented. Immediate treatment of an affected person is very important and no time should be lost for if neglected, other complications may arise. If the health of the individual, family and society is to be protected, necessary measures to check these deadly diseases are of utmost importance.

## CLASSIFICATION OF STD

Organism	Name of Disease	Main Lesions
1. Spirochetes	Syphilis	
	Early, Primary, Secondary, Ulcer Late	Skin rash
2. Bacteria	Gonorrhoea	Pustular discharge
	Chancroid	Ulcers/bubo
	Granuloma Inguinale	Ulcer
	Non Specific Urethritis	Watery discharge

3. Virus	Herpes Genitalis	Ulcers (recurrent)
	Condyloma acuminata	Growths
	Molluscum contagiiosum	Growths
	Hepatitis (B)	Jaundice
4. Clamadiya	Non specific Urethritis	Watery discharge
	Lympho granuloma Venerum	bubo
5. Protozoa	Trichomaniasis	Inflamation and Itching
	Amoebiasis (very rare)	with yellow frothy discharge, Ulcer
6. Fungus	Candidiasis	Raw areas with curd like crusts and itching
7. Parasites	Scabies	Generalized itching and allergic rash
	Pediculosis pubis	itching
	pin worm infestation	Anal/female genital itching
8. Associated Problems	Venero phobia Genital Injuries etc.	

**Dr. J. Daniel**



## CHAPTER XIV

# FRIENDSHIP—ENGAGEMENT— COURTSHIP

“Love is born between two people because of an impression, an intuition they experience of being suited to each other and able to complete on another”.

—*Pierre Du Foyer.*

The most important function of an engagement is the planning of marriage, that is the planning of a life-time together. We presume that the two people who are engaged to be married, “*like, understand and respect each other*”. Even if the match has been arranged, the engagement is the time for the couple to develop these feelings for each other. Only in such a setting can love flourish.

Due to the influence of modern films and novels, the role of love at first sight, infatuation and sexual attraction have been overrated.

Love is something that is born not suddenly, because birth is a process and cannot occur suddenly, but of frequent and repeated communion between two people.

A certain amount of physical attraction may be generated between a handsome man or an attractive woman. But this could easily and frequently die if it is unaccompanied by a mutual understanding and sharing of views and ideals.

In as much as they differ physically from each other the mental and emotional make-up of man and woman are vastly different.

By his inherent nature man is prone to turn tenderness towards the physical gift of self, while the woman essentially concentrates her tenderness on the level of pure feeling.

But it is false to believe that men are interested in women only for sex, or that they are selfish and lack the capacity of self sacrifice. The greatest poets and musicians, down the years, are men (not women) expressing their love and emotions in beautiful verse and music. A woman disappointed in love may console herself with marrying the next best man. But a man in the same position rarely takes such a loss so easily. Also, many a young girl is attached more towards the achievement of acquiring a husband, a home and a position in society, and the prospect of motherhood, than to "marriage" itself.

The purpose of all these facts is to show how different the two psychologies of man and woman are, and the need for each to understand and bring out the best in the other.

During the engagement, the couple really get to know each other, their families and their friends. Each probes the mind and heart of the other so that their deepest thoughts can be shared. This is necessary because, for perfect physical integration to occur in marriage, there must be as close, and as perfect as possible, integration of each other's mind and heart which in popular parlance, is psychological and emotional tuning into the same wavelength. During this period, the couple should be in each others' company frequently but not allow physical tension to build up. And in this matter, *the*



*girl must be the “pacesetter and call a stop, in her own charming and humorous way”. The young man will infinitely admire and love her for this.*

The life of an engaged couple has profound ups and downs, alternations of fervour and lukewarmness, of recovery and hesitation, which though not always shared by both partners simultaneously, is none the less, painful.

*The duration of the engagement should not be longer than a year.* Unduly prolonged engagements usually produce periods of languidness and lukewarmness arising from clashes of temperament, emotional strain or as is common in our country, interference by third parties. Long engagements have all the disadvantages and no really worthwhile advantages to recommend.

“At the beginning of his engagement, and during the first weeks of his discovery of Love, the young man rises completely above himself. This very same young man who yesterday was so self centred has now instinctively and spontaneously become eager to give pleasure to his fiancée.

The kiss of the engaged man will indicate a real tenderness and sincere affection, while at the same time containing an element of passion which he tries to suppress till marriage, or to which he may assent with the encouragement of the girl. The kiss of the flirt in a purely selfish quest for sensual enjoyment and the kiss of the seducer is wholly hypocritical.”

*Integrity and sincerity* are two absolutely necessary traits in each partner. The girl's waist may be small but if her mind matches it, the couple won't be happy for long. The young man may not resemble James Bond but if he can win the girl's love and respect with gentle-

manly behaviour, then only is he fit to father her children and be a true husband.

A girl must set a high standard of behaviour, but also be practical. Some girls look for an impossible "ideal" while they themselves are far from perfect. A girl must accomplish herself in all the housewifely arts like cooking, sewing and interior decoration. In this way she can keep a neat, comfortable and attractive home within the income of her husband.

Many a girl chooses a man whom she wishes to reform from some vice. This may be commendable, but if she cannot reform her fiance during the engagement, when he is with his best foot forward and in the flush of love, he is most unlikely to reform after marriage. *Drunkenness is one of the worst vices in this respect.*

The couple must trust each other so that in times of stress and strain, each one will instinctively know it has the other's support. A man may be tempted to break his principles at the insistence of, or by the extravagant or selfish demands of his fiance, so she must not be over-demanding or selfish.

Love is not blind: in fact, because it sees with an inner sight, it finds the best in a person, so that the faults tend to be overlooked. As the Welsh say, "faults are thick, where love is thin". But on the other hand, faults must be recognized for what they are, and help given to overcome them. A young man needs support and help. He is less likely to ask for advice, so the young woman must divide his needs and anticipate his difficulties. *This constitutes "devotion".*

For a woman the best treasures are to feel "wanted and needed." *Marriage is for life, so never rush into it. If necessary, prolong, or even terminate, the engagement.*



If you discover a vice or weakness that cannot be overcome. Take the council of parents, of a priest or of an elderly friend. Think and pray deeply.

“Marriage asks a high price, but what it gives are the most golden treasures of life, as long as one remembers what is real gold, and not imitation.”

## CHAPTER XV

### MARRIAGE IS FOREVER

*"The first bond of society is Marriage"—Cicero.*

"Human love is the water which the miracle of marriage transforms into wine. It stays in the same old jars, 'ourselves' but a man's love for his wife, and the reverse, strengthens and deepens and makes the old jars glow with a joy that none can tarnish".

*Loving is Giving—and Loving is Sharing.* Young lovers must know that this is the first and most fundamental rule in loving. Love is not a star falling out from the heavens or a moon burst, but something very much more, a warm and strong feeling that someone else besides yourself is interested in You.

It is said *"Home is not the place where you live, but the place where you are understood,"* and so *mutual understanding* is the second fundamental rule in the art of loving.

Young lovers remember that yours is a most intimate human relationship and pride and selfishness must never be given an opportunity to take root. It will appear on the scene, now and then, and again and again, but must be brushed aside firmly.

To Love is to know. To Love is to care for. To Love is to give and to receive. Perhaps it would be wise to remember some simple guidelines in establishing a warm and fulfilling relationship.



The *six* most important words are—"I admit I made a  
mistake"

The *five* most important words are—"You did a good  
job"

The *four* most important words are—"What is your  
opinion?"

The *three* most important words are—"I am sorry"

The *two* most important words are—"Thank you"

The *one* most important word is—"We"

The *least* most important word is—"I"

If you can follow this, you can say

"I am so full of what I feel for you" I feel full.

*Fulfilled—Yes—that's the right word!*

"Love and Marriage go together" as the popular song says—"like a horse and carriage". Love is not for the immature, the selfish, the greedy, the demanding. *Love is for adult and mature humans.* While animals are guided by instinct, humans are guided and activated by love.

Love sees whatever is good in the beloved with eyes that others cannot comprehend as deeply. It knows that there is something extraordinary in what appears to others as ordinary, and it tries to bring the beautiful aspects out. And so two people in love bring out the richness in each other.

*People truly in love never destroy each other.* They enrich each other with their sharing and understanding. This is the setting of the jewel of love. If the setting is strong and enduring, Love and Marriage will not part. A love which weakens and destroys the partner is not true love.

If he can say and if she can say—

\*I Love you—not only for what you are—but for what I am when I am with you—

*I Love you not only for what you have made of yourself.  
But for what you are making of me.*

I Love you, for the part of me that you bring out.  
I Love you for putting your hand into my heaped up heart  
and passing over all the foolish, weak things that you  
can't help dimly seeing there, and drawing out into the  
light all the beautiful belongings that no one else had  
looked quite far enough to find.

I Love you because you are helping me to make of  
the lumber of my life not tavern, but a temple.  
Out of my works, of my every day not a reproach, but  
a song.

*Love is like a seed. It can die away for want of at-  
tention. It can be kept "living", but may not bloom be-  
cause it is neglected.*

It can grow and flourish and bear fruit if it is  
watered with understanding, and receives sunlight to  
brighten and cheer it.

Given the precious gift of Love, Lovers should treas-  
ure it. *In Loving we are giving God to each other and in  
Love we find the reason for Living.*



## CHAPTER XVI

### SEX IN MARRIAGE

Marriage is the fusion of two different personalities whose purpose it is to achieve mutual development in maturity and happiness, and to continue God's plan for man in this world.

In marriage, a woman's essential feminnity has a chance to express itself. All her life she has been grooming herself for her role as a wife and a mother.

The man has, in no less importance, the role of husband and father. As the head of a new unit of society, a home and a family he can express and use his faculty of leadership and intelligence.

Each marriage is unique in itself and therefore no hard and fast rules can be laid down. But there are some common and helpful features which characterise a happy marriage, and that must be recognised by both husband and wife.

Mutual understanding is the pre-requisite for a happy marriage. Firstly, understanding of each other's expectations in marriage, each other's innermost fears, likes and dislikes. This will lead to tolerance and respect for each other's ideas and each can try to help the other to achieve fulfilment.

Marriage is not merely a convenience or an end in itself. It is a new way of life for two people whose personalities should be enhanced by living with each other.

To love and to be loved is the essence of life. Love is an emotion that is born in the mind. When this emotion reaches a peak, it is expressed by our bodies which act as the instruments of expression. Sex is the instrument designed by God to complete the fusion of husband and wife in physical union or intercourse. God made sexual intercourse pleasurable so that husband and wife should not shrink from the responsibility of bringing up a family.

Physically the body of man is designed to fulfil that of a woman. "Temperamentally, he made woman to be enchanting and loving so that man would be charmed into taking on the responsibility and work, that marriage entails."

### **What Every Man Should Know**

If it were ordained that from tomorrow babies would be born by pressing an electric button many women would not want to marry. Men still would.

I must add a footnote to the statement. Women would not want to marry for even today the average Indian male is unprepared for marriage.

As for sex, I for one deplore the new trend in blazing it on screen and page with little respect or understanding. Women approach sex with a feeling of mystery and wonder. For men sex may be and is more of physical experience, but for women it is but the physical expression of something much deeper, more tender. It is significant of the most intimate relationship possible between two people.

However "Liberated" a woman may be for the majority of us—we still look up to man to do the wooing.



I trust that role may never be reversed, but at the same time how many husbands recognize the signs of their wives asking for love and affection?

Sex is no longer a taboo subject. Religions too have certainly recognized its God-given importance and marriage has been recognized as having two goals—one for the increase and mutual happiness between husband and wife, and the other for procreation.

If husband and wife are compatible in the social and emotional spheres there would normally be a great compatibility in the physical sphere of sex. But the reverse is not always true. While most women are the first to recognize and seek advice in marital problems, most husbands will see it as a loss of masculine pride to seek as one of the important factors in perpetuation of the large family size in Rural India.

Moreover, for a woman sex is associated with the possibility of pregnancy and when this is unwanted her sexual responses will be far from complete. Do husbands know and understand this?

Wake up men. There is no need to read Masters and Johnson but always remember that tenderness and thoughtfulness in your relations with your wife will play rich dividends and then your life can really be a bed of roses come what may.

In the hands of husband and wife that powerful instrument of sex must be used to satisfaction and pleasure. It should not become a weapon to destroy each other's faith or arouse jealousy.

As Lin Yutang writes, "Woman is water and man is clay; water permeates and moulds the clay, and the clay holds the water and gives it substance in which water moves and lives and has its full being."

Conjugal or married love, unlike maternal or paternal love, is not based on instinct and therefore it is fragile, and its constancy will depend very much on the two partners to keep it alive and strong.

Women tend to be too emotional and spiritual and less physical. They often rush to conclusions and give second meanings and complicated interpretations to the simplest of man's actions and words.

Men on the other hand tend to be too physical and less emotional or spiritual.

Man must apply his intelligence and will more to this fact and woman must put "heart and feeling" into the proper context.

Marriage can be continually strengthened and improved. Nowadays young people are curious and seek knowledge and enlightenment about marriage and this is a very good sign.

"In marriage, each partner makes a gift of oneself to the other. There are different things to give and different ways of giving them, involved in the gift of self. There is the gift of body, the heart, the mind and the personality, there is the warm approach, the spontaneous and disinterested readiness to oblige, there is lasting devotion."

"The man must be ready to give up demanding conjugal relations which could be dangerous, which could create health problems or entail excessive responsibilities. It requires him to refuse to impose conjugal relations when they are not desired, and to take the time and the means to moderate from the beginning the rapidity of his own reactions in order to create more pleasure and to adapt it to the slower rate of his wife."



The times of sexual intercourse must be a time of tenderness and, not only a means of attaining sensual pleasure through physical relaxation. The sexual act must start in the soul, with feeling, that is then translated into action.

Modern woman has lost her prudery. She realizes how important it is for her and her husband to bring pleasure into each other's lives. But physical factors like personal cleanliness, quiet surroundings and an atmosphere of peace and tranquillity hold great importance for her. If present they heighten her desire for union and make her anxious to be attractive both in nature or soul and in body.

Intercourse should be preceded by caresses, first in appreciative talk which will arouse the woman's emotions and make her feel needed and wanted; and then in physical caresses till the emotions reach the point of expression in union.

Immediately after the act which may last several minutes or be repeated, the woman should continue to be caressed as she often experiences a feeling of abandonment.

On the plane of feeling, *the gift of the heart* should comprise a deliberately exclusive affection for one's partner. Undoubtedly, in the course of his life the husband will encounter women who seem to him to be charming and endowed with some quality which his wife does not possess. The gift of the heart demands that he will forbid himself not only all flirting but also all sentimental and emotional desire to please any third party, whatsoever. Thus fidelity is not only physical but also in feeling.

The *gift of the mind* centres on the loving individual upon his own home. The husband deliberately forbids

himself any unfavourable comparison between his wife and other women and sets to work to be attentive to the interests of his home. He becomes indifferent to other women and while fulfilling to all of them the occasional demands made upon him by courtesy of profession, he refrains from allowing his thoughts or his day dreams to rest with pleasure upon anyone of them.

The *gift of personality* reaches the very depths of the individuals being. It means the dedication of the whole of oneself to the home in which he lives.

As Ruth Martin writes, "When a man and woman makes love, because they love each other, they are communicating a great range of complex feelings—joy, ecstasy, surrender, hope, peace and generosity. They are giving and taking—sharing in the true sense of the word." These feelings should continue even after the woman has completed her reproductive years, and it is wrong to believe that sexual love cannot continue after a woman's menopause. In fact when her fear of conceiving is absent she can really give herself with total abandonment which is part of the joy of sexual love.

"But it should not be forgotten that without the discipline of self-control there is no lasting delight in erotic feeling. The fullest delight even in a purely physical sense, can be attained only by those who curb and direct their natural impulses.

Love includes a total commitment if it is to last. Many husbands would be ready to go through fire and water for their wives (which they would rarely be called upon to do), but never think of little things that would make their lives more pleasant". Trifles go to make up great things.



Marks of attention and affection are prized by a wife as an indication of the love her husband feels for her. But women should realize that a man finds it difficult to repeat words of love, endlessly. In his actions, he may show his love and regard for his wife, who must realize their importance and meaning.

The couple must look to themselves and not to outside diversions and other companions to be happy. As Fulton Sheen says, "*Pleasure comes from without, but joy comes from within*".

## Impotence

Impotence means the inability to achieve or maintain an erection sufficient to allow orgasm and ejaculation to be accomplished during coitus.

### IMPOTENCE IN WOMEN IS KNOWN AS "*FRIGIDITY*"

99.9 cases of impotence are due to psychological cases. Very seldom there is a physical cause. If this exists it can be corrected.

From considerable clinical and experimental evidence it is clear that *situational anxiety* plays a strong role in the causation of impotence. There seems to be an age-old tradition that the male must "perform" or be judged inferior.

The place of neurosis and neurotic anxiety in impotence is not very clear-cut and the answer to this is yet to be sought.

Dejection of mind, connection with distasteful women, the fear of impotence, homosexual inclinations, fear of failure, fear of ridicule, fear of being seen as sexually

inferior by a spouse, hostility towards women, disgust about sex, sexual inhibition and so on all seem to play their own roles in the causation of impotence.

Sexual potency in the male is a very complicated conditioned reflex but, can often be cured by reassurance, medical treatment and an understanding wife.



## CHAPTER XVII

# THE FRUITS OF MARRIAGE NORMAL CHILD BIRTH

In Marriage, two people unite emotionally with a deep feeling for each other, spiritually, by knowing that they are participating in God's plan for marital happiness and procreation, mentally, in mutually fulfilling each other's personality, and physically, by blending two bodies designed to complement and fit into one another.

In a close embrace, the male organ or penis is designed to fit into the female organ or vagina. Once fertilization of the ovum has taken place with the male sperm, then the fertilized ova is implanted in the uterus and remains there for 9 months before the child is born. It is during these 9 months that the child continues to develop in the womb and the love of husband and wife is most intense. They have the will to create life because they love each other in totality during this period. The creative wish flows from love itself, which seeks to live on beyond the union of these two human beings. Pregnancy is marked by cessation of menstruation, nausea on arising in the morning (morning sickness), enlargement of the breast and pigmentation of the nipples with progressive distention of the abdomen as the womb or uterus enlarges to hold the growing baby.

When development is complete and the time ripe, the uterus begins to contract and the mother has labour pains. The intensity and frequency of these pains gradually increase and with the contractions of the body of the uterus, there is also a dilation of the cervical canal.

The head of the foetus is usually at the lower pole of the uterus while the buttocks or breech, are at the upper pole. With each contraction, the foetal head tends to descend and with increasing flexion it touches the pelvic floor. Then there is a rotation of the head it comes to lie below the pubic symphysis. The head touches the perineum and with further contractions the head is born. Restitution and rotation in an opposite direction occurs. The shoulder gets engaged and with further contractions and lateral flexion, the shoulders are born. Within a few minutes the after birth is expelled and then the uterus contracts and gradually becomes smaller so that within 6 weeks it has assumed its normal size.

The mother should be given all the care and love necessary, during the birth of a child, for it is a gift from God to two people who love one another intensely. Therefore the sexual act of procreation within marriage enable children to be born into a family, thereby enriching the marriage, while at the same time being a source of pleasure and joy.

*Family Planning:* It is necessary to practise spacing after childbirth.

For Information on Family Planning read "The Family Planning Teacher".

*Abortion* is to "take away" Life.

For details of Abortion read "Abortion and You".

Both Available from the Publisher.



*Breast Feeding*: is a very healthy practice. It provides emotional security which is necessary for the newborn baby.

Even before birth the baby knows the sound of its mother's voice, by the vibrations transmitted through her bones.

The baby derives satisfaction from the skin to skin contact and suckling at its mother's breast. This oral satisfaction is very necessary.

It has been found that more adults get mentally ill who as babies were not breast fed than others who were.

If for some reason a mother cannot breastfeed she should hold her baby close to her while feeding.

### **Caesarian Section**

When for some reason or other the child in a mother's womb cannot be delivered normally, it is brought forth into the world by a *Caesarian section* which involves an incision through the abdominal and uterine walls of the mother for delivery of the foetus.

The reasons for such an operation are many and vary from faults in the foetus and faults in the maternal passages to abnormality of the forces involved in labour.

Contractions of the pelvis, tumours of the lower uterine segments, cysts, malposition of the foetus and uterine inertia or inability to contract forcibly, can lead to Caesarian deliveries. Diseases in the mother such as diabetes, pre-eclamptic toxæmia, antepartum hæmorrhage, and so on, can also cause a child to be delivered by a Caesarian section.

Caesarian section may be of two types

- a) Classical, and
- b) Lower segment.

Normally, the lower segment caesarian section is preferred to the classical section. The abdomen is opened by a subumbilical midline incision and surgery is carried out within the abdomen. A transverse incision is then made on the lower segment of the uterus and the baby extracted. The incisions are then sutured in layers. With modern surgical techniques and anaesthesia, caesarian section is a safe procedure today.



## CHAPTER XVIII

# INFERTILITY AND STERILITY

*Infertility* means the failure to conceive while *sterility* refers to the inability to conceive, making the former term relative and the latter absolute.

Sterility may exist when there is some fault either in the male or female which prevents the fertilisation of the ovum. Examples are afforded by congenital defects of the *female* such as maldevelopment, non canalisation or occlusion of the vagina by a septum or the uterus may fail to develop, remaining of the infantile type. *Acute infections Gonorrhoea, and Salpingitis following abortion or puerperal infections* are the *three common causes of sterility*. Chronic leucorrhoea, tuberculosis, myoma, or even deficient ovarian function are some of the other causes of sterility in the female.

*In the male*, deficient production of spermatozoa can occur as a result of infection, trauma or castration, injury, operations for hernia, hydrocoele etc., imperfect development of the testis and diseases such as tuberculosis, mumps, venereal diseases all contribute to infertility and sterility.

Infertility is termed *primary* if conception has never occurred and *secondary* if the patient fails to conceive after having produced a child or had miscarriage.

Sterility is also present before puberty and after menopause and this is known as physiological sterility. A

physiological sterility also occurs during pregnancy as ovulation is inhibited as soon as conception occurs.

The infertility during the lactation period is also a physiological one, but may not be absolute. It has been proved by investigations that lack of sleep, heavy work, excess indulgence in tobacco and alcohol play an important role in infertility.

The line of approach to such problem by a doctor involves a proper history, examination of both partners, a semen analysis in the male. In certain cases testicular biopsy in the male and tubal insufflation to test for the patency of the tubes in the female is done. Hysterosal phingography or even endometrial biopsy to ascertain the proper structure and functioning of the uterus and tubes is often necessary in the women.

When a couple do not conceive, or cannot be helped as in the case of azospermia etc., adoption should be suggested as an alternative.



## CHAPTER XIX

# COUNSELLING

Counselling is the art and also science of helping disturbed and unhappy people to grow personally and to deal more effectively with their life situations. Its importance is being increasingly recognised.

### *THE FIRST ESSENTIAL IN COUNSELLING IS TO LISTEN*

### *THE SECOND TO UNDERSTAND*

When these two prerequisites are carried out, the counsellor gains the confidence and self-acceptance that comes from his subject or counsellee who then feels he is accepted and understood by the counsellor.

What is Counselling? Counselling is not mere guidance, although a good counsellor can guide.

“Counselling aims at self-direction, decision making and responsible action at a given time for a particular person. It meets the person in his unique individuality here and now; it does not look at him as just one of a group.”

“While psychotherapy deals with ‘abnormals’ suffering from severe emotional problems by means of long term treatment, Counselling is helping a normal person to adjust better to difficult situations of stress”, by awakening

his/her qualities of personality to cope up with the situation.

The counsellor thus brings out hidden strengths and values to the surface and hopefully the person being counselled uses his own efforts to become 'whole' again.

There should be no stigma to a person who seeks counselling.

Some priorities in Counselling :

1. Value of self recognition of personality akin to a certain extent to "*self-pride*".
2. Self-admittance of one's goal in life and one's role in society.
3. Basic values of honesty and perseverance in one's role.

Priorities are much more difficult to set, as present day society has still not changed the double standards of morality or behaviour that exist for man and woman, or for people of different classes.

The priority that we Indians set on family life is to be fostered. In the craze for modernization, there is an unfortunate tendency to dismiss all that is good in tradition.

A judicious amalgamation of age-old and time-proved values of family-ties and support with progressive views of "individualization" must be achieved somehow in present day India. This can be achieved through Group Counselling.

Some areas in which Preventive Counselling is helpful are:

1. *Physical*. General health, and Sex.



2. *Mental*. Personality, Incompatibility and Infidelity, Vices like Alcoholism, Drugs, Gambling.

3. *Socio-Economic*. Financial troubles or Affluence in some cases. Working wife.

*Student Counselling* is an area which can help to avoid many serious problems and needs to be more freely available in schools and colleges.

For working youth and in rural areas the problems are different, but often serious enough to merit attention.

Preventive Counselling with guidance and encouragement should be seen as a positive means to achieve health and happiness.





## CHAPTER XX

### GLOSSARY

- ADOLESCENCE** —The period of life beginning with the appearance of secondary sexual characteristics and terminating with the cessation of bodily growth.
- ANDROPAUSE** —Male menopause or climacteric.
- AMNIOTIC SAC** —Thin, transparent, and tough membrane surrounding the foetus containing also the amniotic fluid. (Syn. Bag of Water)
- ATTITUDE** —A disposition to act or to react in a certain manner.
- ANUS** —The distal end and outlet of the alimentary canal.
- BIRTH CANAL** —The canal through which the child passes in the process of birth. Includes the cervix or neck of the uterus, the vagina, and the vulva.
- BLADDER** —A sac found in the front part of the pelvic cavity, which serves as a reservoir of urine.

- CAESARIAN SECTION** —Delivery of an infant through a surgical incision in the abdominal wall and the uterus, when delivery by the natural passages is impossible or dangerous.
- CELL** —A circumscribed mass of organized tissues which constitutes the unit or structure of which animals and plants are made.
- CIRCUMCISION** —Removal of all or a part of the prepuce or foreskin of the male organ or penis.
- CLITORIS** —A small erectile body, found at the anterior angle of the vulva, and corresponding to the penis of the male.
- EJACULATION** —The sudden act of expulsion of semen occurring at orgasm in the male.
- EMOTION** —Agitation of mind or feeling.
- FALLOPIAN TUBE** —A long slender tube which extends from the upper lateral angle of the uterus to region of the ovary of the same side.
- FERTILIZATION** —Union of male and female elements or gametes; impregnation.
- FOETUS** —The unborn offspring or "little one".



FRIGIDITY	—Sexual coldness or indifference in the female.
GAMETE	—A male or female reproductive cell capable of entering into union with another in the process of fertilization or of conjugation. In the higher animals, these are the egg or ovum and the sperm.
GENDER	—The quality of being male or female.
GENITALS	—The organs of generation; in the male including the testes, vas, prostate, penis and urethra; in the female including the vulva, vagina, ovaries, tubes and uterus.
GLANS PENIS	—The head or distal end of the penis.
GONADS	—A general term for ovaries and/or testes.
HETEROSEXUALITY	—Love or sexual desire towards persons of the opposite sex.
HOMOSEXUALITY	—Sexual attraction towards those of the same sex. Unhealthy habit.
HYMEN	—The membranous fold that partially covers the external opening of the vagina, allows menstrual flow to pass. Rup-

- tured in first intercourse or in vigorous sports.
- IMPLANTATION** —The process whereby the developing fertilized egg or Zygote attaches itself to the lining of the uterus, penetrates into it and embeds in this lining. Process takes place 6 or 7 days after fertilization.
- IMPOTENCE** —Inability to perform the sexual act.
- INTERCOURSE** —THE PROCESS whereby man and woman unite for the passage of spermatozoa from the male to the female; also called sexual congress, coitus, coition, copulation.
- LABIA MAJORA** —The hairy folds of skin on each side of the slit of the vulva.
- LABIA MINORA** —The folds of Mucus membrane within the labia majora.
- MAMMARY GLANDS** —The milk secreting organ or breasts in the female.
- MENARCHE** —First menstrual period. (Approx 12 years in Indian girls).
- MENOPAUSE** —Cessation of menstruation. (6 months after last period).
- MASTURBATION** —The production of orgasm by self manipulation of the genitals. Unhealthy habit.



MATURITY	—The state of being fully developed.
ORGASM	—Climax or height of sexual pleasure at intercourse.
OESTRUS	—The recurrent, restricted period of sexual receptivity in female animals; (not humans) marked by intense sexual urges.
OESTROGEN	—A steroid hormone producing female characteristics.
OVARY	—One of a pair of organs giving rise to ova in the female. Corresponding organ in male is testis producing sperm.
PROGESTERONE	—Female steroid hormone whose function is to prepare the uterus for implantation of the fertilized ovum.
PSYCHE	—The thinking and emotional faculty in man, including both the conscious and unconscious processes.
PENIS	—The male organ for coitus.
PREPUCE	—The fold of skin covering the glans penis: the foreskin.
PLACENTA	—The cake like organ within the uterus which establishes communication between the mother and child by means of an umbilical cord.

## PROSTATE

—A gland, present only in the male, which surrounds the neck of the bladder and the urethra.

## PSYCHOLOGY

—The branch of science which treats of the mind and mental processes as they are shown in behaviour.

## SEMEN

—Male fluid containing seminal fluid and sperms.

## TESTOSTERONE

—Male steroid hormone whose function is to produce and maintain male secondary sex characteristics. Is involved in both protein and carbohydrate metabolism.

## VULVA

—Folds of skin which contain the openings of the channels of the protected sexual organs.

## WET DREAMS OR NOCTURNAL EMISSIONS:

—Is semen coming out spontaneously at night. Occurs in adolescence or later. Normal.

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“Love is always patient and kind;  
It is never jealous, and never boastful and conceited;  
It is never rude or selfish;  
It does not take offence, and is not resentful.  
Love takes no pleasure in other people's sins  
But delights in the truth.  
It is always ready to excuse, to trust, to hope,  
And to endure whatever comes.  
Love does not come to an end.  
There are three things that last:  
Faith, Hope and Love;  
And the greatest of these is Love.”

CORINTHIANS I





## ERRATA

Pg. 30, Table II should be: High  
Balanced  
Low

Pg. 31, line 3 should be "at two levels"

Pg. 68, line 12 read as "The idea that makes  
virginity **to be an old fashioned**  
**value** is to be condemned."

Pg. 71, line 3 should be "one another"

Pg. 74, para 4, line 8 should be "**divine**" not  
"divide"

Pg. 81, para, 2, line 7 from "seek" should read  
"**help for this or for family plann-**  
**ing problems. This is also seen**"

Pg. 81, para 5 line 5 should be "**pay**" and not  
"play"



## ERRATA

20. Table II should be High  
Balanced  
Low  
21. Line 2 should be "at two levels"  
22. Line 12 read as "The idea that nature  
tendency to be an old-fashioned  
value is to be condemned"  
23. Line 1 should be "our section"  
24. Line 2 should be "divine" not  
divine  
25. Line 8, line 7 "seek" should read  
"help for this or for other things"  
26. Line 10 "This is also seen"  
27. Line 2 "the 2 should be 'pay' and not  
pay







## ABOUT THE BOOK...

“Sex Education is like vaccination necessary to protect youth from the harmful environment.”

This guide which is much more than a sex education manual is meant for all those concerned with giving our youth correct values and knowledge to achieve fulfilment in life.

Counselling is a part of the everyday work of parents, teachers and pastors. Some chapters (sexual deviations, S.T.D. and nutrition) have been specifically included at the request of teachers, who it is hoped will take up the important task of Family Life Education and reinforce values which are given in the home.

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